Household Interests

SOCIETY∞

Don't Have Headaches BY LILLIAN RUSSELL.

Copyright, 1914, by Lillian Russell, A woman with a headache cannot be oanionable. The best of sweetnor other special cavalier to en-s her attention can ruin the peace and of every one she meets while nount of marculine grumbling is to change all this, but women to change all this, but women nelves might change this if they d comprehend the cause of the d; and then apply their nimble to the work of prevention or cure.

indoor life is compulsory for a

des remember that the human mane must have reasonable treatment.

Lillian Russell's Answers.

Willie: You asked me to send you a ornula for a skin food and face deach, but you did not give me your address or full name. If you will end me a stamped, addressed envelope shall be glad to send the formulas to you. Yes, the skin food is used for nassaging the face and for building p the sagging tissues. It will keep he skin smooth and firm. The skin you is not used as a cleanser. I have formula for a cleansing cream that will also send to you if you wish it.

Dr. Brady's Health Talks

Reply (1) Yes; medical and surical cures. (2) Yes, for some kinds
size in a goiter operation, though
his may be less than the danger
of fire disease. (4) Great cystic goiters
haimic goiter, which may be very
mail, seriously effects the circulatory
and nervous systems.

[Special to The Times-Dispatch.]

ALENANDRIA, Va. August 23.—The
City Republican Committee, at a meeting held at the Hotel Rammel last
inght, arranged for a mass-meeting
which will be held September 2 in Odd
Fellows Hall. Fourteen delegates with
an equal number of alternates, will
be elected to the congressional district
convention, which will be held in Alex-

HINT FOR MILADY





Bozenette, Paris. Model of black satin and Miss Anna Schlawson, of Balti-covered with tulle and trimmed with more.

Cabbage Stalk Economy
By JANI: EDDINGTON.

The barren fields of Europe, war swept, have many times in centuries past been gone over for scanty roots or dried stems of cut-off vegetables to keep a famine-stricten people alive. The cabbage stalk has been the most definite ingredient of thousands of poor soup pots, even when war was not deviated for the thirty have stone. the gray hair will clook much worse to advise any wotr. Most dyen are excellent formula shall send to you e a stamped, adhis will stimulate hair, and will also from your sculp.

The continuer of the beautiful lake afforded ample opportunity for boating, bathing and fishing, and all of these amusements were enjoyed to the fullest amusements were enjoyed to the fullest amusements were enjoyed to the fullest try of Europe, and one of these, an try of Europe, and one of these, an amusements were enjoyed to the fullest exist by the large drowd present. Parties from your sculp.

The continuer of the beautiful lake afforded ample opportunity for boating, bathing and fishing, and all of these exist by the large drowd present. Parties from Blackstone motored up each night and joined their friends around the camp fire, where songs were sung, watermelon feasts held, and many

Will Oppose C. C. Carlin.
[Special to The Times-Dispatch.]
ALENANDRIA, VA., August 23.—The

J. W. A. inquires: Is there any cientific foundation for the idea that eart, or is it just a joke?
Reply: Sugar is a quickly available ource of energy for the heart muscles, here is good scientific evidence that with the property of the control of the congressional district convention, which will be held in Alexandria, September 9 to nominate a candidate for Congress from the Eighth Congressional District to oppose Representative C. C. Carlin.

Victim of Highwayman.

[Special to The Times-Dispatch 1, N. L. asks: Will property of the Congressional District to oppose Representative C. C. Carlin.

Curce of energy for the heart muscles, here is good scientific evidence that ugar directly aids a laboring heart.

Mrs. N. L. asks: Will you please xplain precisely what is meant by cormal salt solution, and why it is sed instead of anticeptic solutions?

Réply: Normal sait solution is an mitation of the fluid part of the lood, the blood scrum. It shoul-l contain the exact proportions of the sevral salts found in normal blood serum, ut generally an equivalent amount of table salt only is used. (A teaponoful in each pint of boiled water), is nonirritating, like the tears in

Misa Essle Field, Miss Fannie Beil, of Chase City; Mr. and Mrs. W. M. Frand stay in New York, Atlantic City and Mashington.

Baltimora: E. E. Pearson, J. H. Rodgers, of New York, Henry Lee Watts, A. B. Hodges, W. Wiley Weaver, Miss Hortone Hodges, of Portsmouth: Mr. and Mrs. W. P. Watson, of Orlando, Flat, B. N. Dabney, of Louisville, Kyt. Professor Otto Dunkel, of Columbia, Mot. Mrs. B. S. Armstrong Timberlake left Saturday for a trip to Atlantic City and Miss Jessle D. Dixon, of Savannah, Gat. Dr. and Mrs. Haven Metcalf, with their amother, of Washington: Mrs. B. K. Towson' and Miss Townon, of Washington: Charles Overton of Richmond; Mrs. Walter Wilson is the guest of her parents, Mr. and Mrs. A. J. Chewher a grant of the city and Mrs. Walter Wilson is the guest of her parents, Mr. and Mrs. A. J. Chewher a grant of the city of Fred-Waynell A. Creasy, of cricksburg.

Miss Lou Redd and Shirley Carter spendle and Shirley Carter spend and Shirley Carter spend and Shirley Carter spend and Shirley Carter spend to the city during Miss Lou Redd and Shirley Carter spend and Shirley Carter spend to the city during Miss Lou Redd and Shirley Carter spend to Redd and Shirley Carte

the eyes, whereas plain wated smarts, the life of blood and tissue cells, whereas plain water or other chemical solutions would tend to injure these words.

Stein—Schroeder.

Mr. and Mrs. L. W. Schroeder have announced the engagement of their daughter, Annie Catherine, to George H. Stein. The wedding will take place in the early fall.

Engagement Announced, whereas plain water or other chemical solutions would tend to injure these will be seen to the control of the c

Mr. and Mrs. Jesse Jones Wood, of accord, announce the engagement and

There is positively nothing that mange the color of your eyes, be foolish and put anything into eyes. They are too precious to r with No, I would not advise a change the shade of your hair. Ell fill ruln it.

Ell Hot witch hazel is good for y complexion. Dip a soft cloth the witch hazel and place it over one Allow it to remain until If you will send me a stamped, ised envelope I shall send you a last for astringent lotion, which is coid for an oily complexion.

Brady's Health Talks

A satisfactory Make-Up.

A satisf

ind vegetables, which requires the test for mastication, furnishes the test for mastication, furnishes the test available from for weak blood. It is a paposition before the body at the blood at a nothing to build with. It is a ratious fact that the tron we administer as medicine is practically all iminated from the body at once. It cosn't enter into the formation of new lood; it merely stimulates the blood-aaking organs to better work. Sometimes more from is given in a day than a whole body contains.

Exercise in the open air, walking, articularly in the morning, sleep in he open air or in a room with plenty of open windows and drafts, sunshine, see water drinking and free bathing to make the properties of the open air or in a room with plenty of open windows and drafts, sunshine, see water drinking and free bathing to the natural preservatives of the omplexion.

ON TOUR OF INSPECTION OF HOSPITALS FOR INSANE

re the natural preservatives of the omplexion. Special abdominal exercise night and ording without restricting clothing, liken by lying on the back and drawler in the dupon the abdomen and rating liken by lying on the back and drawler in the dupon the abdomen and rating liken by lying on the back and drawler in the dupon the abdomen and rating liken by lying on the back and drawler in the distributable to the weakness caused of markable remedy for a bad complexion and for various other troubles tributable to the weakness caused y corsets.

Sister cakes kindly give me the fine of the relative test of the relativ

Interesting charity functions of this week will be the two lawn parties given this evening and to-morrow night by the ladies of St. Benedict's Parrish on the college grounds. Light refreshments will be served, and there will be music and other attractive features for

IN AND OUT OF TOWN.

Mrs. Morgan R. Mills and her chil-

Mrs. Morgan R. Milis and ner children, of Jefferson Park, who are spending the summer at Milboro Springs, will return on September 1.

Mrs. Claude A. Swanson is a guest of Miss Effe Branch and John P. Branch at their cottage at the White Sulphur.

Miss Helen Keim has gone to South

relatives in Marion.

Mrs. Walter Wilson is the guest of her parents, Mr. and Mrs. A. J. Chewning, at their country estate in Louisa. Bishop Collins P. Denny and Mrs. Denny have been guests of Dr. E. H. Howe in Caroline County.

Miss Nettie Williams, of West Point, in Williams, of West Point, with the Wedding.

LINCHBURG, VA., August 23.—Mr. and as times he ready announced the engagement of their daughter, Miss Annie Miller Woodroof, to Maxwell A. Creasy, of Gretna. The marriage will take place here early in October.

Hell ISpecial FREDER.

Miss Nettle Williams, of West Point, is visiting Miss Ethel Thorpe, in this city, for several weeks.

Miss Amy Lyell, of this city, is visiting at "Berry Hill," the home of Mr. and Mrs. William Williams. near

REUNION OF MEMBERS OF LITERARY SOCIETY

Unique Gathering Recently Held at Dale—Itaius Brenk Serlous Drought.

[Special to The Times-Dispatch.]

HARRISONBURG, VA. August 22.—There was a unique gathering on Thursday at Dale Enterprise, Rockingham County, Members of the old West Rockingham Literary Society, organized in a fence corner in 1885, held a reunion. Among those present were Dr. T. O. Heatwole, of the University of Maryland, and member of the Baltimore City Council; Dr. Oliver C. Brunk, of Richmond; Professor C. J. Heatwole, of the Harrisonburg State Normal School; Professor Aidine C. Burkholder, of Lynville, Tenn. Professor D. I. Suter, of Bridgewater, and others. All the above are natives of West Rockingham. President Eggleston, of V. P. I., Blacksburg, was unable to attend on account of illness. A large American flag now stands in the old fence corner, where the first meeting was held twenty-nine years ago.

the old fence corner, where the first meeting was held twenty-nine years ago.

Three rains since Thursday night have partially broken a drought, probably unprecedented in this part of Virginia. The drought, the second of the year, lasted forty-five days. Hay is reduced one-half. Many gardens are literally burned up. Numerous lawns and yards look like deserts. The rain comes in time to save the corn from destruction, and will help late vegetables. Vast damage has already been done, now beyond repair. The first drought of the year began May 4, and for forty-seven days there was no rain. Public prayers in the churches were followed by a week of seasonable showers. On July 4 the dry spell started again, continuing forty-five days.

In the adjoining County of Highland, there lives probably the oldest married couple in Virginia. Cyrus Colaw will be 109 years old in November. His wife is now eighty-five years ago, and have six living children. Both are hale and hearty, and retain their mental faculties to a remarkable degree.

After a hard day's work threshing

Personal
Notes

MR. AND MRS. WALLACE
BACK FROM MOTOR TRIP

Return to Home on Cary Street Road
Mr. and Mrs. Gordon Wallace and finding morter of their returned last week from an extended trip North in their automous activities and also stopped for several days in Cape
May, N. J. They are now at their family mortered to Atlante City, and also stopped for several days in Cape
May, N. J. They are now at the Kinsey Cuttage, Virginia Beach, Anong the understand of beautiful to their parents, Mr. and Mrs. Canway R. Sands, A. C. May, N. J. They are now at the Kinsey Cuttage, Virginia Beach, Anong the understand of beautiful to their parents, Mr. and Mrs. Canway R. Sands, A. C. May, N. J. They are now at the Kinsey Cuttage, Virginia Beach, Anong the guaranteed at the Kinsey Cuttage, Virginia Beach, Are Ballewin, of Farmylle, Mr. and Mrs. Canway R. Sands, A. C. May, N. J. They are now at the companied of the Kinsey Cuttage, Virginia Beach, Anong the guaranteed at the Kinsey Cuttage, Virginia Beach, Anong the guaranteed at the Kinsey Cuttage, Virginia Beach, Anong the guaranteed at the Kinsey Cuttage, Virginia Beach, Are Ballewin, of Farmylle, Mr. and Mrs. Canway R. Sands, A. C. Shape, Heart of Sands, A. C. Shape, Heart of the coming session. Dr. Coler the comming the Displace of Carist in the comming of Canway Kins Bearing and Carist in the comming of Canway Kins Bearing and Carist in the comming of Canway Kins Bearing and Carist in the comming of Carist in

Held for Wife Murder, Times-Dispatch.]

An October Wedding,
LYNCHBURG, VA., August 23.—Mr.
and Mrs. William G. Lane, of Altavista, have announced the engagement
of their daughter, Miss Florence Hudson Lane, to Philip T. Withers, Jr., of
Lynchburg. The wedding will take
place the evening of October 14 in
Broad Street Methodist Church, Altavista. FREDERICKSBURG, VA., August FREDERICKSBURG, VA., August — Nelson Gastins, colored, who li at Stafford Store, Stafford County, wout squirrel hunting, and upon return, while playing with his withe gun exploded and killed her. Gins claims 11st he forgot to take shell out of the gun. An inquest wheil and Gastins has been put in judarged with murdering his wife. Gins in thirty years old and his was twenty-eight.

May Recover From Wounds.

[Special to The Times-Dispatch]
LYNCHBURG, VA. August 23.—Oscar
McCrowell, who was shot last Tuesday
evening near Pearch, is improving at
the Lynchburg Hospital, where he was
brought the day after the shooting.
The chances now are for his recovery.
James Parrish, who claims he shot in
self-defense, gave himself up in Amherst County, but it is claimed the
shooting took place in Bedford County, and relatives of the wounded man
are understood to be seeking a warrant
in that county for the arrest of Par-Great Campbell County Pleale.
ISbecial to The Times-Dispatch.
LYNCHBURG, VA. August 23.—The
fity-sinth annual picnic on the Otte
River picnic grounds will be held of
Tuesday, and several thousand peopl
will be present. These outings hav
been a feature of the social life of
Campbell County for more than half
century.

end-defense, gave himself up in Americal County, but it is claimed the hooting took place in Bedford County, and relatives of the wounded man re understood to be seeking a warrant in that county for the arrest of Parish.

Many Piaces to Be Filled.

[Special to The Times-Dispatch]

LYNCHBURG, VA. August 23—The dispectation of the thunderstorm of the property of the storm came up they sought shelter under a tree. A little later the tree was demoished by lightning and the horses and mules were found dead later. The animals were valued at \$200 cach.

NEW INSTRUCTORS AT TRINITY. Four Additional Members Will Join

st H. L. Most of De unop
le unop
melty. atch. 1
23.—The con Wocomber 16, e unable ts. Last iat being college, has been waiting

waiting

melty. a definition of the college and master in civil engineering, and also be described as least the opening in September. E. T. Miller has been cleeted instructor in civil engineering, and also a degree from the Massachusetts Institute of Technology at Boston. He is highly indorsed by both these institutions, and also by Dr. L. L. Hendren, a graduate of Trinity, now professor in the University of Georgia, in whose department he was for three years an instructor.

A new instructor in electrical en-Nore Applicants Than Capacity.
[Special to The Times Dispatch.]
LYNCHBURG, VA., August 23.—The
next session of Randolph-Macon Woman's College will open September 16,
and again the college will be unable
to provide for all the applicants. Last

They were married sixty years and have six living children. Both are hale and hearty, and retain their mental faculties to a remarkable descree.

After a hard day's work threshing of wheat, several men near Elkton went to sleep on the second floor of the barn, of the number, Robert Williams, walked in his sleep. Robert continued agles.

Jr., anes, of the number, Robert williams, walked in his sleep. Robert continued agles.

Jr., fractured nose and other bruises.

NEWS OF ASHLAND

NEWS OF ASHLAND

Theo

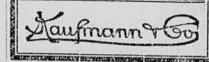
New Teacher Arrives.

PIERROT moonlight, and as he danced his gay

Daufmann Vo

little many hued collar trembled joyfully. Whence arises the name of the new collar on fall blouses. It is essentially a jingly, dancing sort of style, excellently suited to the swing of the new steps, and it stands away from the neck charmingly. The new blouses are of figured chiffon or net, with sleeves of lace, and the delectable Pierrot-that is of lace also. Very new and very pleasing-\$3.98.

We are selling smart blouses in Roman stripes, with pique collars and cuffs-wide range of correct colorings. \$3.50 blouses at \$1.98.



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Individuality Suit the mounting of your glasses to your individual appearance, just as you do your hat or

It's a part of Galeski service so see that you get the most comfortable and attractive glasses

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Good for the Eyes The S. CALESK Optical Co



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Offers the thrifty housekeeper many exceptional opportunities to save money on merchandise of known quality.

For real Floor Covering values visit the Thalhimer Sunlight Basement Store to-day.

ALLES THE WALL STREET



in that county for the arrest of Par-

In Goes a Tin of

Instant Postum

"There's a Reason"

At home, or traveling, it's easy to have this delightful beverage, by dissolving a teaspoonful of the soluble powder in a cup of hot water, and adding sugar and

The snappy flavour is much like that of mild, high-grade Java, but Postum is pure and absolutely free from caffeine, the poisonous drug in coffee.

Some people find that coffee causes headache, nervousness, sleeplessness, indigestion, etc .-- and that such coffee troubles usually vanish with a change to

POSTUM